Technique Assessment Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_

**NC Essential Standard:**

**A.DM.1 Understand how to use movement skills in dance.**

**NC Clarifying Objectives:**

**A.DM.1.2 Integrate the use of time, space, weight, and effort in dance.**

**A.DM.1.3 Monitor the use of anatomy, body organization, body skills, and dance technique to refine dance performance.**

**A.DM.1 Understand how to use movement skills in dance.**

**A.DM.1.4 Integrate breath, articulation, and weight shift while dancing.**

**With your partner establish 3 common objectives in the technique assessment:**

1.

2.

3.

Assignment:

Assess your technique based on the following criteria. Please don’t elaborate beyond the space provided. Direct your comments to your overall performance in the class.

**4 – Excellent 3 – Good 2 – Fair/Minimal 1 – Needs Work**

\_\_\_\_\_ Alignment:

\_\_\_\_\_ Strength:

\_\_\_\_\_ Flexibility:

\_\_\_\_\_ Balance:

\_\_\_\_\_ Sequencing (ability to retain movement/pick up movement sequences):

\_\_\_\_\_ Musicality/Phrasing:

\_\_\_\_\_ Energy/Motivation/Presentation:

\_\_\_\_\_ Focus/Intent:

\_\_\_\_\_ Weight Transfer:

\_\_\_\_\_ Integration of your entire body unit (part to whole):

\_\_\_\_\_ Release in your body versus Necessary and Unnecessary Tension:

List in a Plus/ Delta column your synopsis of your overall assessment:

+ ∆

Use the Plus/Delta Column to establish 3 technique goals: